

# deafblinduk

**Virtual social group**  
**Every Friday from 2–3**

Caring can be challenging.  
We want to give you the  
time to relax and focus  
on yourself.

Our virtual social group,  
which is especially for  
people supporting those  
with a sight and hearing  
loss, is a social space  
where you can meet  
with other people who  
understand the ups and  
downs of being a carer.

**Contact us for more  
information:**  
**info@deafblind.org.uk**  
**0800 132320**  
**www.deafblind.org.uk**

